

Parkview Centre

for Health and Wellbeing



Delivering
health and social
care services for
local people





Parkview Centre for Health and Wellbeing is a flagship health hub that brings together health and social care services in a state-of-the-art building.

The new centre provides a range of health and social care services to local residents and people across Hammersmith and Fulham.

**Parkview Centre
for Health and Wellbeing**
Cranston Court
56 Bloemfontein Road
London W12 7FG

www.hammersmithfulhamccg.nhs.uk

📞 Useful numbers

CLCH appointments
booking line **020 8962 4499**
Mon-Fri 9am-5pm

Urgent care and medical
information **NHS 111**

Emergency situations **999**

Key

- @ Email address
- 🕒 Opening times
- 📞 Telephone number

There are four GP (general practitioner) practices based at Parkview Centre for Health and Wellbeing. All four GP practices are registering new patients.

To register, you need to contact the GP surgery and ask to register with them. They will usually ask you to complete a form and you might be asked to show proof of your identity such as your passport or driving licence and proof of your address, such as a recent council tax bill or utility bill.

Temporary registration

If you want to see a GP and are visiting an area for more than 24 hours but less than three months, you can apply to register with a GP surgery as a temporary resident.

*Weekend openings

The Parkview Practice is part of Hammersmith and Fulham's new weekend GP services. Patients can walk in or book a same day appointment between 9am and 4pm on a Saturday or Sunday. They do not need to be registered with the Parkview Practice and using this service will not affect registration at a patient's own GP Practice.

📞 **03000 333 666**

GP practices

Parkview Practice
Dr Canisius and Dr Hasan
Previously located at White
City Health Centre

🕒 **Opening hours**
(appointments/ registration/
emergency appointments)

Mon-Fri 9am-6.30pm
*Saturday 9am-4pm
*Sunday 9am-4pm

📞 **020 3704 6055**

The Practice Canberra
Previously located at Canberra
Centre for Health

🕒 **Opening hours**
(appointments/ registration/
emergency appointments)

Mon-Fri 8am-8pm
Saturday 10am-2pm
Sunday Closed

📞 **020 3313 9010**

Dr Uppal & Partner
Previously located at White
City Health Centre

🕒 **Opening hours**
(appointments/ registration/
emergency appointments)

Mon & Fri 9am-7:30pm
Tues & Wed 9am-6:30pm
Thursday 9am-4pm
Sat & Sun Closed

📞 **020 3704 6040**

Dr R K Kukar & Partner
Previously located at White
City Health Centre

🕒 **Opening hours**
(appointments/ registration/
emergency appointments)

Mon-Fri 8am-6.30pm
Saturday 10am-2pm
Sunday Closed

📞 **020 8749 4141**

Parkview Centre for Health and Wellbeing Services

Anticoagulation

This service was previously based at White City Health Centre.

Anticoagulation therapy teams monitor and manage people who are taking anticoagulants such as Warfarin to thin their blood. The teams ensure people are taking their medication correctly and in the appropriate quantities.

By treating people in the community our anticoagulation service minimises rehospitalisation and unnecessary GP appointments.

- 📍 **Tuesday 1.30pm-5pm**
- 📍 **Thursday 9am-5pm**
- ☎️ **020 3704 6111**
- ☎️ **020 8846 7787**



Cheyne Child Development Service

The Cheyne Child Development Service was previously based at the St Dunstan Centre.

The service is a family-centred service which has been running for many years and cares for children with special needs. It is one of the few services to provide music therapy with a dedicated team supporting children with special educational and developmental needs.

The team includes a specialist health visitor, social worker and a full range of very experienced therapists offering:

- Paediatric Occupational therapy
- Paediatric Physiotherapy
- Music Therapy
- Multi-disciplinary Assessments
- Speech and Language Therapy
- Audiology
- Psychology



Community Rehabilitation

The service provides a community assessment and rehabilitation service for patients living in Hammersmith and Fulham diagnosed with a neurological condition or a general rehabilitation need.

Referrals can be made by a GP or health professional through completion of a single assessment process form. Self-referrals from patients are also accepted over the phone.

- 📍 **Tuesday 9am-4.30pm**
- ☎️ **020 8753 6500**



Your GP can refer you to the service or you can contact them direct ☎️ **020 8846 1641**. The child must be registered with a GP in Hammersmith and Fulham.

- 📍 **Mon-Fri 9am-5pm**
- ☎️ **020 8846 1641**
- @ **referrals.cypot@clch.nhs.uk**

Community Champions

This programme works with local people (Parkview Community Champions) as volunteers, delivering a range of wellbeing activities, information awareness sessions and campaigns to improve the health and wellbeing of their community.

For more information about our work or how to become a Community Champion please contact Kim Barclay.

- ☎️ **07507 844 009**
- ☎️ **020 8811 2494**
- @ **kim@whitecityenterprise.com**

Dentistry

The dentist service was previously based at White City Health Centre.

The dentistry and community specialist services at Parkview offer appointments for adults, children and also home visits as well as oral surgery. They provide dental treatments to patients who cannot be treated at an ordinary general dental practice.

Patients can be referred to the service by their dentist, GP or other health care professional.

Mon-Tues **Child**
 Tuesday **Home visits**
 Tues-Thurs **Adult**
 Wednesday **Oral surgeon**

- 🕒 Service open **8.45am-5pm**
- 🕒 Appointments **9.30am-4pm**
- ☎ **020 3704 6058**



Diabetic Services

Diabetes teams provide support to adults with diabetes. They help patients control their diabetes and reduce the risk of short and long term complications by providing patients with the skills, knowledge and confidence to self-manage their diabetes effectively.

The diabetes service is for anyone over the age of 18, who is not pregnant, and is registered with a GP.

The clinics provide:

- Management of insulin
- Care for patients with cardiovascular disease and diabetes
- Care for patients with diabetes related eye disease
- Care for people with kidney disease stage 3
- Dietetic advice

The service can refer onto:

- Podiatry
- Retinal screening
- Secondary care

There are also workshops on diabetes and health:

- Xpert Diabetes Education: 6 week programme (2½ hours each session)
- Conversation Maps: 2 sessions (2½ hours each session) over 1 or 2 days

Diabetes Nurse Clinic

- 🕒 **Wednesday 9.30am-1pm and 2pm-4.30pm**

Diabetes Dietician Clinic

- 🕒 **Wednesday 9.15am-12.15pm**

Diabetes Consultant Clinic

- 🕒 **Wednesday 2pm-4.30pm**

Appointments Booking Centre

- ☎ **020 8962 4499**
- @ **clcht.bookingsupport@nhs.net**

District Nursing

The district nursing services were previously known as the Westway and White City teams.

District nurses work in people's homes and the local community to help patients improve, maintain and recover their health.

The district nurse team provide care across Hammersmith and Fulham. They hold a leg ulcer clinic at Parkview. Go to page 11 of this leaflet for more information on the service.

- 🕒 **Mon-Fri 8am-4.30pm**
- ☎ **020 3704 6029**



How to find us

Parkview Centre for Health and Wellbeing

Cranston Court
56 Bloemfontein Road
London W12 7FG



- Road
- Rail Line
- Central Line
- Circle Line
- 283 Bus Number
- Bus direction
- Bus Stop
- Rail Station
- Tube Station
- Park
- Landmark
- Walkway

Bus Route 283

The bus stop for the 283 service, travelling towards East Acton or Hammersmith, is immediately outside Parkview (bus stop LN). There are buses every 6-8 minutes from this stop. The 283 serves Shepherds Bush Market Station, for Hammersmith & City and Circle Line services.

Underground

White City Station

The nearest underground station is White City for Central Line services. It takes approximately 11 minutes to walk from White City Station to Parkview or 3 minutes to cycle. There is no direct bus route from White City Station to Parkview.

Wood Lane Station

Wood Lane underground station for Hammersmith & City and Circle Line services is 13 minutes' walk or 4 minutes' cycle from Parkview. There is no direct bus route from Wood Lane Station to Parkview. The station is wheelchair accessible as is Hammersmith Station which is also on this route.

Shepherds Bush Market Station

Shepherds Bush Market Station for Hammersmith and City and Circle Line services has a direct bus link to Parkview. The 283 bus leaves from Stop Q on Uxbridge Road, buses are every 6-8 minutes.

Transport for London

For up-to-date public transport information visit www.tfl.gov.uk/plan-a-journey or @tfltravelalerts or call 034 3222 1234, 8am-8pm, 7 days per week.

Walking

For many people Parkview is just a short walk away. Walking uses 3 times as many calories than driving, so it's the healthier option. Wormholt Park is right next door to Parkview, so you may be able to walk through the park for part of your journey, or combine your visit to Parkview with a walk in the park.

Cycling

If you can ride a bike, it's even quicker. Parkview has free cycle parking for patients and visitors immediately outside the front entrance. If you are travelling by underground you could pick up a Barclay's Cycle Hire bike, from Westfield on Ariel Way near to Wood Lane underground station for the last part of your journey to Parkview.

Car parking

If you are travelling by car there is on-street paid parking around Parkview, with parking Zones O and V the nearest. Parking costs £1.10 per half hour between 9am and 5pm (June 2014). The parking meters do not give change.

Health Visiting

The health visiting service was previously based at White City Health Centre.

The health visiting team provide a number of services for babies and children ranging from 10 days to five years old.

Services include:

- Developmental checks
- Support on family health
- Advice for feeding
- Weaning and dental health

Clinics

Well Baby Drop-in Clinics

- **Tuesday 9.30am-11am**
- **Thursday 1.30pm-3pm**

Breastfeeding Support Group

- **Wednesday 1.30pm-3pm**

Family Planning Clinic

- **Monday 4.30pm-6.30pm**
- **Tuesday 5pm-7pm**
- **Wednesday 1pm-3.30pm**

Health Visitors can be contacted:

- **Mon-Fri 9am-5pm**
- **020 3704 6101**
- **020 3704 6102**
- **020 3704 6103**

Key Events for a child aged from Birth to Five

0-12 mths	BCG (prevention against Tuberculosis)
6-8 wks	Development/Physical check
2 mths	1st Immunisation (Triple (DTP), Polio, Hib) + Pneumococcal
3 mths	2nd Immunisation (Triple (DTP), Polio, Hib) + Men C
4 mths	3rd Immunisation (Triple (DTP), Polio, Hib) + Men C + Pneumococcal
8 mths	Development/Physical check
12 mths	Hib/Men C
13 mths	MMR & Pneumococcal
2-2.5 yrs	Development check
3 yrs, 4 mths	Pre-school Booster (Diphtheria, Tetanus, Polio) + 2nd MMR

GPs can refer mothers and their children to the health visiting team who looks after their practice's patients. Midwives and hospital teams can also do referrals. People who have moved into the area are able to self-refer to the home visiting team.



Leg Ulcer Clinic

Services at the Leg Ulcer Clinic include doppler reading assessment, compression therapy and wound care management. People living within the postcode boundaries of W6, W12 and W14 can attend the clinic. All patients must be referred to the clinic.

- **Mon-Fri 8am-4.30pm**
- **020 3704 6202**
- **020 3704 6029**

London Borough of Hammersmith & Fulham Adult Social Care Services

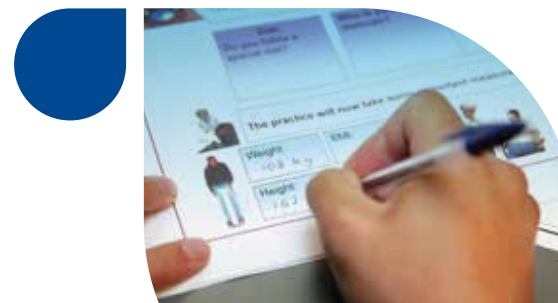
This service was previously based at 145 King Street, Hammersmith.

The Adult Social Care Service provides assessments and service provision for adults and people with complex needs.

For more information about Adult Social Care Services, to make a referral for an assessment or discuss any adult safeguarding concerns please contact H&F Advice on **084 5313 3935**.

The service does not take direct referrals and covers all of Hammersmith and Fulham.

- **Mon-Fri 9am-5pm**
- **020 8753 6023**



London Borough of Hammersmith & Fulham Learning Disability Services

This service was previously based at Stamford Brook Centre.

The Learning Disability Service provides adult social care and health services for adults with a learning disability.

Access to the service can be a self-referral by calling into the office or phoning the service through your GP or social worker.

Each referral will be assessed for eligibility for the service. People who are not eligible will be offered advice and information about alternative services available.

- 🕒 **Mon-Fri 9am-5pm**
- ☎ **020 8383 6464**



Nutrition and Dietetics

Central London Community Healthcare has a nutrition and dietetic team at Parkview. They assess dietary intake and provide nutrition advice to help people understand the impact of diet on their health and well-being, helping people live longer, healthier lives.

They offer the following services:

Gastro Clinic

🕒 **3rd Thursday of every month, 8.30am-5.30pm**

General Dietetic Clinic

🕒 **2nd, 4th and 5th Thursday of the month, 9am-5pm**

Weight Management Programme

🕒 **Monday 5.30pm-7.30pm**
☎ **020 8962 4499**



Podiatry

The podiatry service (foot health) was previously based at White City Health Centre.

The podiatry service provides a number of treatments including specialist services for:

- Diabetic patients
- Musculoskeletal
- Paediatrics
- Minor surgery (e.g. in-growing toe nails)
- General podiatry

The service offers GP, health professional and self-referrals. To self-refer, pick up an application form from the podiatry reception at Parkview.

- 🕒 **Mon-Fri 9am-5pm**
- ☎ **020 3704 6111**
- @ **clcht.bookingsupport@nhs.net**

Practice Champions, Connecting Care for Children

The project works with parents and carers of children and with young people, who volunteer to support local families and the wider local community.

Practice Champions provide other patients with peer support, signposting and education. They offer a bridging role between GPs and local communities. They work closely with the GP practice staff and organise a range of fun health activities to benefit the patients.

If you would like to join Practice Champions or to receive more information please contact Aga Wojciechowska.

- 📞 **07795450997**
- @ **agnieszka.wojciechowska@imperial.nhs.uk**



Respiratory

This service was previously based at Canberra Health Centre.

Respiratory teams assess, treat and monitor patients with respiratory illness such as chronic obstructive pulmonary disease (COPD), asthma and bronchiectasis. By helping patients self-manage their respiratory disease, it can help prevent unnecessary hospital admissions.

The respiratory teams treat people with the following difficulties:

- Spirometry (basic lung function) testing
- Pulmonary rehabilitation
- Disease education for self-management
- Support with managing 'flare-ups' of COPD
- Chest clearance
- Medication reviews and advice on medication use
- Support for patients after discharge from hospital
- Assessment and review of home oxygen therapy

- Hospital at home admission avoidance
- Early supported discharge
- Community respiratory assessment unit (CRAU) offering full diagnostics
- COPD hotline **Mon-Fri 9am-8pm**

Patients can be referred by their GP, hospital doctor and other healthcare professional.

Patients can self-refer to our respiratory service if they are known to the service.

Appointments Booking Centre

☎ **020 8962 4499**

@ clcht.bookingsupport@nhs.net

Retinal

Diabetic eye screening is available at Parkview to those registered with a Hammersmith & Fulham GP.

☎ **020 8846 6270**



School Nursing

The school nursing service was previously based at White City Health Centre.

Referrals to school nursing are for children with long term care needs and they can be made by schools, social workers, other care providers or GPs.

Services include:

- Hearing
- Vision
- Weight and measurement
- Immunisations
- Education on health

🕒 **Mon-Fri 8am-5pm**

☎ **020 3704 6101**

☎ **020 3704 6102**

☎ **020 3704 6103**

Speech and Language Therapy

This service is an open referral service available for children aged 0-5 years.

🕒 **Mon-Fri 9am-5pm**

☎ **020 3704 6112**

☎ **020 3704 6110**

Stop Smoking Service

Kick-it Stop Smoking Service provides free support and advice to anyone wishing to quit smoking with one-to-one consultations or in a group setting.

🕒 **Wednesday 4.30pm-7.30pm**

🕒 **Friday 8am-4pm**

☎ **07860750695**

@ victor.whelan@kick-it.org.uk

Westside Contraceptive and Sexual Health

The service offers free and confidential advice and information about all methods of contraception as well as confidential and immediate on-site pregnancy testing and consultation regarding planned and unplanned pregnancies. There is also a range of services to treat sexually transmitted infections (STIs) and to test for HIV.

The service operates an open access policy, so there is no need for a referral. You can walk in, without an appointment (last client to be seen 15 minutes before closing time) or call the central booking line for an appointment.

🕒 **Mon, Tues and Fri 5pm-7pm**

☎ **020 8962 4499**

@ clcht.bookingsupport@nhs.net

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is a fast and easy way to get the right help, whatever the time.

NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Use your NHS wisely

There are a range of health services available to you. Using the right service for your need when you are unwell can help you to get better quickly. Visit www.rightcarenlondon.nhs.uk for details of services available in North West London.

Complaints

If you have a complaint, please contact the relevant service in the Parkview Centre for Health and Wellbeing.

Feedback

Hammersmith and Fulham CCG is always keen to hear about your experiences of healthcare. Please contact us on:

☎ **020 7150 8000**

@ **hf.ccg@inwl.nhs.uk**